



Shivarudra Bala Yogi Meditation: June 05 & 07

Meditation: 1st Sat. 11:15 AM & 4th Sun. 4 PM

Monday

10:30 – 12:00 PM Ashtanga Yoga
 12:15 – 01:30 PM Hatha Yoga
04:30 -- 05:45 PM Hatha Yoga
 06:30 -- 07:45 PM Yoga for Stiff men & women.

Tuesday

9:30 – 11:00 AM Hatha Yoga (Strengthen & heal shoulders, arms, and hands with light weights)
 11:15 -- 12:00 PM Private Yoga
 6:30 – 7:45 PM Hatha Yoga

Wednesday

9:30 – 11:00 AM Ashtanga Yoga
 11:15 --12:30 PM Hatha Yoga

Thursday

9:30 - 10:45 AM Hatha Yoga (Strengthen & heal legs, knees and feet with ankle weights)
 6:30 - 7:45 PM Gentle Yoga with Deep Relaxation (Robert)

Friday

9:30 -- 10:45 PM Hatha Yoga
 11:00 -- 12:15 PM Tibetan Yoga

Saturday

9:30 – 11:00 AM Hatha, Ashtanga, Core Power Yoga
Meditation: First Saturday of the month at 11:15 AM

Meditation: Fourth Sunday of the month at 4:00 PM.

Monthly Price			
	One Class/week (M-F)	Drop Ins	Unlimited
Hatha or Tibetan or Vinyasa	\$40/month	\$12	\$70 HTV
Ashtanga or Saturday class	\$48/month	\$15	\$90 Everything
Private Yoga	\$60 per hour	Make appointment.	

Unlimited: Hatha, Tibetan, Vinyasa \$70 per month.

Unlimited : Everything includes Ashtanga, Saturday, Hatha, Tibetan, Vinyasa \$90 per month.

Semi Private: \$75 per hour for two or more people.

Private: Yoga Therapy, or self improvement - one on one \$60 per hour.

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About Yoga:

Yoga can provide many real and noticeable benefits. These include more energy, physical and mental healing, sharpen memory. Increase range of motion, gracefulness, youthfulness, and is great at releasing stress and tension. The srotas and the 72,000 nadies or the meridian acupuncture points are stimulated for every organ in the body, including the brain and the skin. Catch fewer colds and flu bugs from learning some deep breathing techniques.

“Hatha Yoga for Health & Flexibility -- Stress Buster”

Tap into the Fountain of Youth by doing this gentle classical yoga class. Learn the Yoga breathing techniques to fall asleep and sharpen your memory. Enhance strength, stamina, and balance. Increase flexibility of your back, neck, shoulders, hips, ligaments, and joints. Become more peaceful, graceful, and cheerful in your body, mind, and spirit. Plus - Deep relaxation.

“Ashtanga Yoga” (Athlete – Quicker recovery time)

Great for athletes – Bikers, Runners, Golfers, Skiers, Snowboarders or anyone who enjoy faster pace than Hatha Yoga to stretch the tightness out of their body and build core strength in the back, abdomen, shoulders, knees and joints. A challenging Yoga that is full of fun.

“Tibetan Yoga” (Fountain of Youth Yoga)

"Tibetan Yoga is an incredible and powerful program. It turns back the clock. It increases energy, mental clarity and focus. It reduces stress, and improves strength and flexibility. It is capable of restoring your passion and zest for life if you let it." John Gray author of "Men are from Mars, Women are from Venus"

"Vinyasa" (Dynamic Flow Yoga)

Vinyasa Flow is a dynamic style of yoga that combines breath, movement, and music. In this class we focus on proper breathing and mindfulness, while continuously flowing from posture to posture. Be prepared for a workout as this highly athletic form of yoga generates a lot of internal heat. This class is appropriate for beginner, intermediate, and advanced yoga students.

“Yoga for stiff men only”

This class is designed for men who are new to yoga. Gain greater flexibility and strength in the joints, lengthen the muscles, and strengthen the back towards healing of the body, mind and spirit. Learn deep relaxation that takes away all stress and brings clarity of the mind.

"Family Yoga"

This class will have a lot of aerobic movements doing animal and nature poses. Tumbling, cartwheels, Korean jump roping and awesome asanas! Fun and laughter to create loving bond with our children!! Also covered "Super brain Yoga!!!

"Meditation"

First Saturday: Sarasvati Mantra to brighten our brain. Meditation with a short story or a spiritual reading. Healing Prayers for your family, friends, yourself and for world peace.
Fourth Sunday: Honor of Shiva Balayogi & Shivarudra Balayogi meditation and Chanting.

“Yoga Therapy” Get relief from pains and aches.

This is taken as an individual consultation to resolve problematic issues.
Diabetes, Asthma, Depression, Restless leg syndrome (RLS), Back problems, Carpel Tunnel, Plantar fasciitis, Elbows, Knees, Shoulders, Stress, Joint Pain, Swelling-edema, whatever ails you.
Menopause: How to free yourself with hot flashes. Sleep disorder, Neck and Shoulder injury.
Private one on one or semi private. Also to accomplish certain advance Yoga poses.